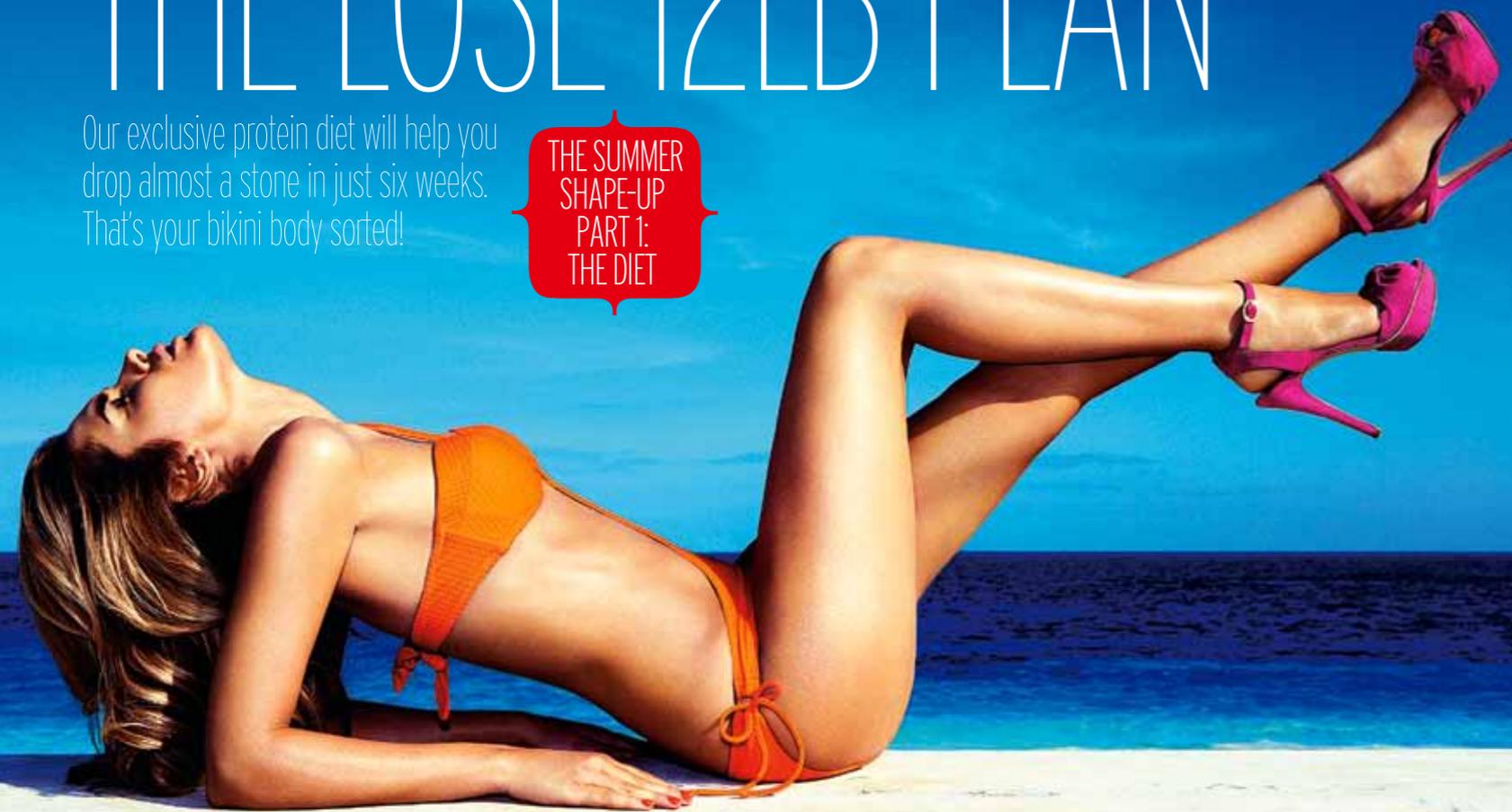


THE LOSE 12LB PLAN

Our exclusive protein diet will help you drop almost a stone in just six weeks. That's your bikini body sorted!

THE SUMMER
SHAPE-UP
PART 1:
THE DIET



LEAN LUNCHES

Chicken salad

Mix a handful of salad leaves with unlimited sliced peppers, carrots and cucumber. Top with 2 strawberries and 1 grilled skinless chicken breast. To dress, combine 1tsp white wine vinegar with 1tbsp olive oil and a blob of mustard.

Trim tuna Mix a can of tuna with some chopped spring onions and 1tsp light soy sauce. Serve with salad leaves, mixed peppers and some chopped coriander.

Spicy salmon Serve 3 slices smoked salmon and serve with 1 avocado, ½ thinly sliced red onion, some finely sliced chilli (how much depends on your preference, but don't hold back, as it's a great metabolism booster), a large handful of spinach leaves and some coriander. Dress with grapefruit segments and a squeeze of lime.

Leafy taco Fill large lettuce leaves with salsa made from 1tbsp olive oil, 1 chopped garlic clove, 1 diced tomato, some coriander, 1tsp sliced onion and 1 chopped, deseeded chilli. Top with peppers, 1tbsp brown rice and slices of grilled chicken breast.

Buff bean cuisine Drain 1 x 400g can kidney beans, 1 x 400g can black-eyed peas and 1 x 400g can chickpeas then mix. Add one diced cucumber, three mixed peppers, a dash of olive oil, some fresh parsley and a pinch of oregano. Serve 4tbsp of the mixture on a bed of rocket leaves with 4 cherry tomatoes. Makes 3-4 portions - perfect for another lunch, side dish or snack.

Tasty tofu Lightly coat 4 x 1in cubes of tofu in soy sauce. Preheat the oven to 180°C/350°F/gas mark 4 and bake for around 20 minutes. Once cooked, serve in a warmed wholemeal wrap with a handful of lettuce, 1tsp crushed, unsalted peanuts, some pickled ginger and an extra drizzle of soy.

Wrap up Slice a grilled chicken breast, then wrap it in a warmed wholemeal wrap with 1tbsp houmous and salad. Drizzle with lemon juice.



DYNAMIC DINNERS

Mediterranean medley Chop 1 red and 1 yellow pepper, 1 red onion, 3 tomatoes and ¼ courgette, then pop on a baking tray. Add some squashed garlic cloves, skin on, and a few sprigs rosemary. Coat lightly with olive oil, then cook for 45 minutes on 180°C/350°F/gas mark 4. Dice a chicken breast, then coat in 1tsp olive oil, 1 crushed garlic clove and some thyme. Cook on a griddle pan and serve with the roasted veg.

Delish fish Marinate a tuna steak with crushed garlic, a pinch of pepper, a drop of olive oil and 1tsp chopped fresh coriander. Add 1tsp light soy sauce, then grill. Serve with broccoli and 3tbsp steamed brown rice.

Greek lamb chops Marinate a fat-trimmed lamb chop with 3 cloves crushed garlic and 3-4 sprigs fresh oregano, then grill. Mix 1tbsp fat-free Greek yoghurt with 1tsp chopped mint, a squeeze of lemon and 1tbsp olive oil. Serve the lamb with asparagus and salad leaves, with the dressing over the top.

Super stir-fry Chop 2 asparagus spears and ¼ onion, then add to a wok with 1tsp chopped garlic, 2-3 broccoli florets and ½ cup water. Add ½tsp oyster sauce, then stir-fry on a high heat, until the water has evaporated. Coat 5 tiger prawns in olive oil, then cook on a griddle pan. Toss it all together with a squeeze of lemon juice.

Saucy salmon Mix ½tsp chilli powder and 1tbsp olive oil with some chopped dill and rub into the salmon. Place on tin foil with 1 slice lemon, then wrap up into a parcel. Cook in the oven for 25 minutes on 180°C/350°F/gas mark 4 and serve with steamed broccoli.

Kickin' chicken Blend 2 cloves garlic with 1 pepper, ½tsp turmeric, 2tbsp oyster sauce, 2-3 sprigs coriander and 1tbsp olive oil. Cut a skinless chicken breast in half lengthways, then pour over the marinade and leave for at least an hour before grilling. Chop ½ pepper, ¼ onion and 1tsp coriander, then mix with a handful of cooked quinoa and a squeeze of lemon juice. Serve with steamed French beans.

Sweet steak Remove the skin from a baked sweet potato and mash the potato with 1tsp cayenne pepper. Rub 200g lean steak with 1tbsp olive oil and 2-3 crushed cloves garlic. Fry to your liking, and serve with the mash and a handful of raw baby spinach.

Did you know? You can both eat and train with the guys from Gyms Kitchen. For more details, visit Gymskitchen.com. **F**



PROTEIN PLAN RULES

***Choose your meals** Pick one breakfast, lunch and dinner, plus two snacks (one to be eaten between 10-11am and one between 3-5pm), each day.

***Drink plenty of water** Sugarless tea and coffee with skimmed milk are fine, but swap one cup per day for green tea, as it boosts your metabolism and helps you burn off calories quicker.

***Get your heart pumping** Teaming your diet with an exercise regime is essential for toning up, as well as losing weight. Check out next week's issue for our exclusive workout.

BANG-ON-IT BREAKFASTS

Fruity eggs Slice 1 grapefruit and serve alongside 2 scrambled eggs. Grapefruit speeds up your metabolism, plus, it's digested slowly to keeps your blood-sugar levels steady and you fuller for longer.

Top toast Spread 2tsp of peanut butter on 2 slices of wholemeal toast and top with 1 sliced banana.

Berry crunch Mix as many blueberries as you fancy with a handful of granola and add to 4tbsp fat-free Greek yoghurt.

Melon bowl Slice a cantaloupe melon in half, scoop out the seeds and fill with 4tbsp fat-free Greek yoghurt. Drizzle with 1tsp honey and

sprinkle over 4 or 5 crushed almonds.

Loaded egg whites Whisk 3 egg whites with a handful of spinach leaves. Fry a handful of chopped onions, peppers and broccoli in low-calorie oil spray, then add the egg mixture and cook, as you would an omelette.

Ham and eggs Poach 2 eggs and steam a handful of spinach. Serve the eggs on top of 4 slices ham with 4 cherry tomatoes and the spinach on the side. Season and add an optional squeeze of lemon juice.

Protein pancakes Whisk 3 egg whites with a handful of oats, add ½ scoop flavoured 100 per cent whey protein (sold in most health food stores), a handful of mixed berries, a pinch of cinnamon and 1tsp low-fat probiotic yoghurt. Fry in low-calorie oil spray, flipping once. Top with 1tsp peanut butter or drizzle with 1tsp honey and as many berries as you like.



GET-SLIM SNACKS

- Handful of almonds
- 2 x 25g packs of raisins, or any other dried fruit
- 2-3tbsp houmous with unlimited sticks of carrot, celery and cucumber
- Handful of pumpkin or sunflower seeds
- 200g edamame beans (boil or steam, season, then toss in chilli flakes and garlic)
- 10-15 marinated olives

Just the word "diet" can make us break out in a cold sweat (which, we're told, doesn't count as exercise). And we're not the only ones - half of all dieters give up within a month*.

But don't start comfort eating just yet. Steven Mavrou, Richard Klein and Sunny Kudhail of London health cafe Gyms Kitchen have created a pain-free protein plan, exclusively for *Fabulous*, with seven days of meals and snacks. And they're all so scrummy you won't want to give up!

While a protein plan may sound like it's for muscly men, it's actually the secret to a svelte summer silhouette. Experts say if you up your daily protein intake, it'll help you build muscle which in turns helps to burn more fat. Plus, if you team our diet with exercise, you can lose up to 2lb a week - cue one hot summer body. Forget boring fads (no mung-bean lattes here - sorry, Gwyneth) this is one diet you'll actually enjoy!